



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19018, Fruit syrup

Report Date: June 26, 2017 16:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 334g	0.25 cup 84g
Proximates						
Water	g	14.74	--	--	49.23	12.38
Energy	kcal	341	--	--	1139	286
Energy	kJ	1425	--	--	4760	1197
Protein	g	0.00	--	--	0.00	0.00
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash	g	0.13	--	--	0.43	0.11
Carbohydrate, by difference	g	85.13	--	--	284.33	71.51
Fiber, total dietary	g	0.1	--	--	0.3	0.1
Sugars, total	g	53.00	--	--	177.02	44.52
Minerals						
Calcium, Ca	mg	8	--	--	27	7
Iron, Fe	mg	0.04	--	--	0.13	0.03
Magnesium, Mg	mg	1	--	--	3	1
Phosphorus, P	mg	0	--	--	0	0
Potassium, K	mg	7	--	--	23	6
Sodium, Na	mg	0	--	--	0	0
Zinc, Zn	mg	0.26	--	--	0.87	0.22
Copper, Cu	mg	0.018	--	--	0.060	0.015
Manganese, Mn	mg	0.061	--	--	0.204	0.051
Selenium, Se	µg	0.8	--	--	2.7	0.7
Vitamins						
Vitamin C, total ascorbic acid	mg	1.6	--	--	5.3	1.3
Thiamin	mg	0.033	--	--	0.110	0.028

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 334g	0.25 cup 84g
Riboflavin	mg	0.012	--	--	0.040	0.010
Niacin	mg	0.012	--	--	0.040	0.010
Pantothenic acid	mg	0.010	--	--	0.033	0.008
Vitamin B-6	mg	0.001	--	--	0.003	0.001
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.2	--	--	0.7	0.2
Betaine	mg	0.0	--	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	3	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2	--	--	7	2
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	1	--	--	3	1
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.03	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.3	0.1
Lipids						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 334g	0.25 cup 84g
15:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
17:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
20:0	g	0.000	--	--	0.000	0.000
22:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.000	--	--	0.000	0.000
Threonine	g	0.000	--	--	0.000	0.000
Isoleucine	g	0.000	--	--	0.000	0.000
Leucine	g	0.001	--	--	0.003	0.001
Lysine	g	0.000	--	--	0.000	0.000
Methionine	g	0.000	--	--	0.000	0.000
Cystine	g	0.000	--	--	0.000	0.000
Phenylalanine	g	0.000	--	--	0.000	0.000
Tyrosine	g	0.000	--	--	0.000	0.000
Valine	g	0.000	--	--	0.000	0.000
Arginine	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 334g	0.25 cup 84g
Histidine	g	0.000	--	--	0.000	0.000
Alanine	g	0.000	--	--	0.000	0.000
Aspartic acid	g	0.002	--	--	0.007	0.002
Glutamic acid	g	0.002	--	--	0.007	0.002
Glycine	g	0.000	--	--	0.000	0.000
Proline	g	0.000	--	--	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0